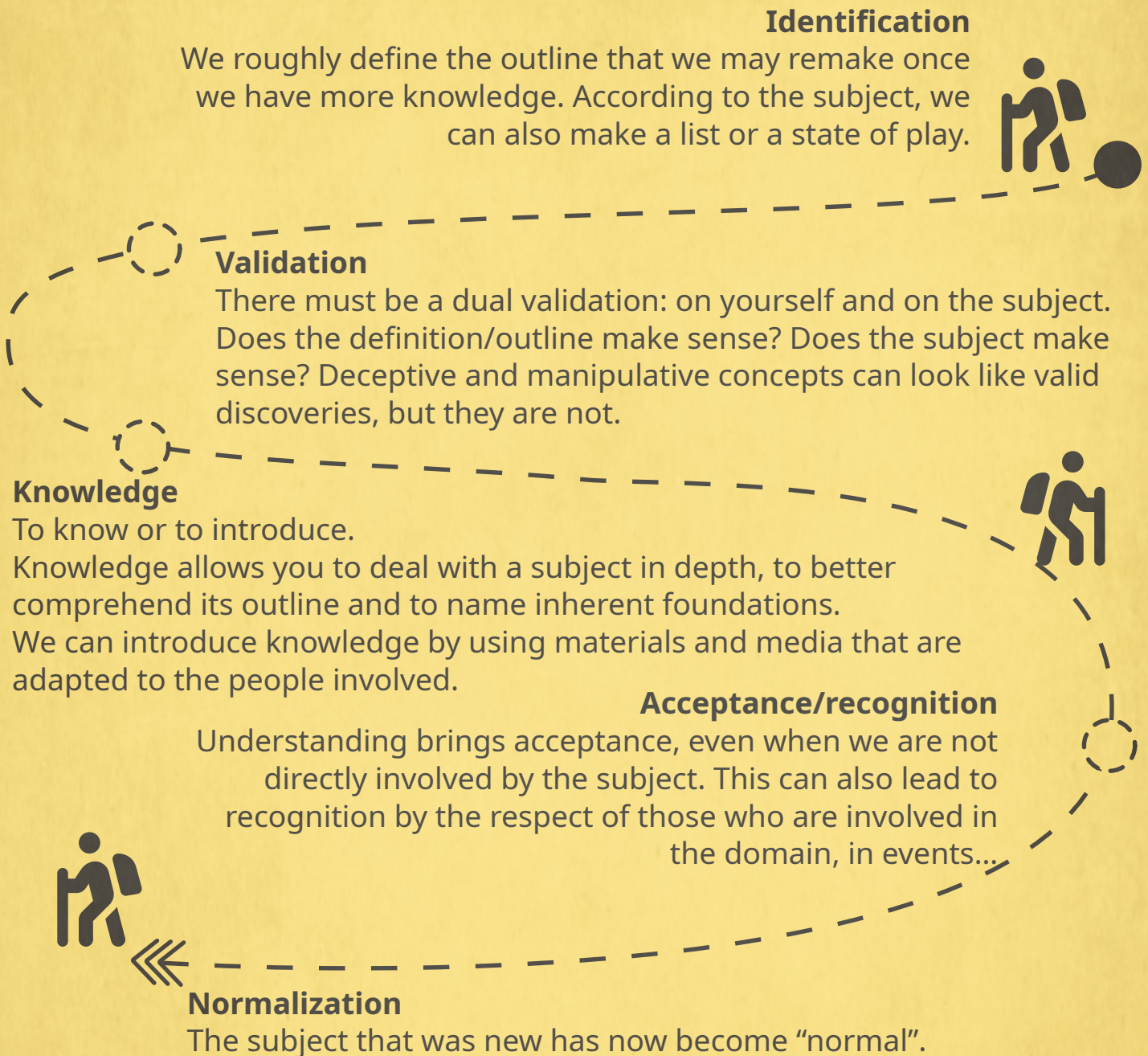




# The process of acceptance

Whether it is for yourself or for other people, to integrate something new (a concept, a knowledge, a way of doing something, or even individuals...) can be broken down into different mental steps.

This infographic demonstrates a theoretical and popularized view of the mental steps of the acceptance of seeing the world in a new way. Every path is different, more or less complex, more or less successful, and most of the time, it isn't linear.



Obstacles are common: fear of the unknown, misunderstanding of concepts that are far from our knowledge, limited beliefs, sociocultural concepts...

Curiosity, non-judgment, patience, kindness, accepting to rethink our judgment, recognizing mistakes as information we get and not as a failure, etc. These elements however make acceptance easier.

